

Mango Shake

Rating: ★

Makes: 4 servings

Ingredients

2 cups milk (low-fat 1%)

4 tablespoons mango juice (or 1 fresh pitted mango)
(frozen)

1 banana (small)

2 ice cubes

Directions

1. Put all ingredients into a blender. Blend until foamy.
Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	1.5 g	2%
Protein	4 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	55 mg	2%